



Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat.

Makes 6 servings. *1½ cups per serving.*

Prep time: 20 minutes



Ingredients

6 cups torn or cut mixed salad greens	2 tablespoons lemon juice
3 medium tomatoes, chopped	⅓ teaspoon garlic powder
5 green onions, chopped	½ teaspoon ground black pepper
1 small cucumber, peeled and chopped	½ teaspoon salt
	1 large avocado, peeled

Preparation

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Nutrition information per serving: Calories 78, Carbohydrate 9 g,
Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg

Recipe courtesy of the Produce for Better Health Foundation.